

BBAT/BBAM teacher online - exam 28 April 2020 in the Faroe Islands and in Bergen

Hello everybody

On 28 April 2020 Lív Egholm and Jorun Simonsen graduated as Teachers in BBAT / BBAM. Due to Covid 19, the exam was conducted over the internet, where Liv and Jorun were situated at the National Hospital in the Faroe Islands, while Liv H. Skjærven and Mary-Anne Sundal were situated in their homes in Bergen, Norway.

Six hours of exam including one hour lunch might sound like a long time, but since the structure was so explicit and well organized, the time went almost too fast. The first task of the oral exam was to make a condense and precise 7 min. presentation of BBAT and BARS-MQE, meant for doctors and other colleagues. The presentations were followed by the candidates in depth clarification on several of the core phenomena used in BBAT, for instance: What exactly is meant by the statements: BBAT is person-centered, process-oriented and health-oriented. What are the specific clinical consequences?

The third task was to reflect upon the statement: In BBAT we promote movement quality through a movement awareness approach, presenting in detail, the phenomenon of Movement quality described in the Movement Quality Model, overviewing content in movement analysis as in treatment. This was followed by presenting the Therapeutic Components Model including the Movement Awareness Learning Cycle. With reflection upon the movement pedagogy and the existing models developed as clinical maps. For us these models, or maps, has shown to be valuable and clarifying tools. We have both experienced them to be a structured support in our clinical practice, when working in the challenging area of psychiatric and psychosomatic physiotherapy.

Liv H. Skjærven's doctoral thesis has lately been a great support, presenting definitions to clarify phenomena and strategies, making BBAT clearer for physiotherapy. Last but not least we will say thank you to Liv H. Skjærven and Mary-Anne Sundal, for taking us through the exam, in this supportive and educative way, for supervising us in this clinical useful physiotherapy and as consequence of the development of the international study program of Basic Body Awareness Methodology (BBAM), also leading us into this fantastic group of international physiotherapy colleagues, in the - BBAM society and in the IATBBAT: - thank you.

We look forward to continuing our collaboration with all of you. With greetings and love from the Faroe Islands, we wish you all a safe and beautiful summer and hope to see you all soon.

Lív Egholm and Jorun Simonsen, Teachers in BBAT

